

SALTING OF FOOD OPPOSED

Ordinary Diet Said by Scientific Writer to Contain Sufficient Sodium Chloride.

This is no new question, but apparently it is not settled yet. In an exhaustive discussion of it, reports the *Stevens Scientificus*. René Laufer concludes that while salt is absolutely necessary to the animal organism, enough of it for our needs is contained naturally in our ordinary articles of food, so that the addition of it as a condiment is superfluous. Tales of disease caused by lack of salt he dismisses as untrustworthy. Says M. Laufer:

"The desire for salt is certainly universal. It seems to have been used everywhere at all times, and in all civilizations. The same salt seasons today the miserable portion of the *Scandaleux* negro and the choice dishes of European tables. The need of salt is not limited to man; many animals seek it with avidity. So general a predilection, so impulsive a desire should not be regarded as a simple incident, that is certain, but, do they correspond to us unavoidable necessity?

"Is it not curious that the chloride of sodium should be the only salt that we take from nature to add to those contained in our food itself? Other mineral substances play a much more important part in the constitution of the tissues; the salts of lime and phosphate of soda, for instance. When we use them by themselves, it is as a medicine.

"The taste for salt is not innate or instinctive, it is acquired. The mother's milk contains very little salt. Cow's milk has at least four times as much, but even in this amount the adult who should live on milk alone—say three quarts a day—would take more chloride than he needs.

"Man in a state of nature does not salt his food. Primitive people who lead a pastoral nomadic life do not add salt to what they eat. The same is true of animals. Dogs and cats do not like salt. Even the domestic herbivores get along very well if salt is not added to their food."

M. Laufer discredits all tales of illness from the discontinuance of salt. The French soldiers who were said to have suffered from lack of salt in the siege of Metz did so, he says, simply because they required it to hide the taste of the spoiled meat that they were forced to eat. The story of the Russian serfs who are reported to have fallen ill when deprived of salt, by their lords, bears on its face, M. Laufer thinks, marks of falsity.

Among the chief morbid symptoms said to follow the lack of salt is edema, or swelling, but the writer shows that nowadays a diet without salt is present, if for this trouble, and has been effective in curing it. In the same way he dispenses with his satisfaction of all the different lies told to arise when one is deprived of salt.

Finally, he calculates the amount of salt necessary to carry on the processes of organic animal life and the amount lost by excretion, and comes to the following conclusion:

"Our food, provided it constitutes a proper regimen in the physiologic sense of the word, contains in itself and with no necessity of adding to it from outside sufficient salt for our needs."

LONG TRIP WITH MADMAN.

Officer of Mounted Police Travels 1,000 Miles in Wilderness with Maniac.

The records of the mounted police department of Ottawa, Ont., contain the account of a somewhat remarkable and unique journey made by an officer of the Northwest mounted police. It was a journey with a raving maniac as a sole companion and as his charge for 1,000 miles through the snowy wastes of winter in the Canadian northwest.

Corporal Field, of Fort Chipewyan, received a summons to attend to a case of insanity in the northern country. He started on February 2 with dog teams, and it took him 14 days to reach his destination. The object was to bring down a violent maniac, who while engaged in mission work, had lost his reason. On the way down the man became so violent that he had to be strapped to the sledges. With great gentleness, although the Indian bit scratched and even spat in his face, the officer waited upon him patiently, and when he refused other food, made beef tea for the unfortunate. Frequently the officer had to feed his prisoner like an infant, as he would not eat unless the food was placed in his mouth bit by bit.

Starting on February 18, Corporal Field, after covering 700 miles by March 1, reached Fort Chipewyan. This was scarcely half the journey, however, and on March 6 the officer set out for Fort Saskatchewan, 600 miles distant, and on March 24 arrived there, having covered 1,300 miles through the winter solitudes of the far north. The demented man was carried all through it in perfect safety and not having sustained the slightest injury, and was afterward sent to the asylum at Brandon, Man.

Oranges from Spain.

It is generally known that Spain supplies America with most of the oranges we eat, but few people are aware how enormous the industry has become. The Spanish orange region extends, however, over eastern and southern Catalonia, Valencia, Alicante, Murcia, Málaga and Seville and in parts of Valencia and Murcia the trees now grow in forests, the soil of the famous Valencian "mudras," usually measured with guano, being the richest in Europe. Here a single full-grown tree will yield 1,500, and at times as many as 1,800 oranges in a season, fruit bearing beginning when the trees reach their sixth year and increasing until they are 20, when deterioration usually sets in.

BASEBALL GOSSIP.

Vinita's Peasant Prospects in the Valley League.

Even while the snow is still falling and the thermometer hovering around zero local baseball prospects and material to represent this city in the coming season are being considered. Henry Day the wonderful left-handed Indian twirler of Enid will probably don Vinita paint, and occupy the center of the stage in the act of serving his spherical mysteries to the opposing Valley leaguers.

Frank Baxter, who hails from Columbus, Kans., and is known to be one of the best pitchers to be found in another whom the local management is trying to get on their pitching staff.

Ed Funtay, the catcher who so admirably finished last season with Springfield, may not be backton here this season.

Mason, Vinita's first baseman will again be asked to cover the initial bag.

Taken as a whole the outlook for the national sport is exceedingly good.

The Sun June 19, Spring.

The Salve that cures without a scar is DeWitt's Witch Hand Salve. Cuts, Burns, Boils, Bruises and Piles disappear before the use of this salve as soon as the sunshine of spring. Miss H. M. Middleton, Thibod, Ill. says: I was seriously afflicted with a fever sore that was very painful. DeWitt's Witch Hand Salve cured me in less than a week. Get the genuine Salve at Peoples Drug store. dw

Fine Stock for Sale.

Two fine jacks, five and six years old; both black with white points, one bred in Howard Co., Mo., the other in Bedford County, Tenn. Both 15 hands high, blacky built and perfect form, will guarantee them right in every respect. Also one registered Denmark stallion, 16 hands high, weight 1,200 lbs.; 13 years old, perfect form, registered in American Saddle Horse association. Address B. F. Cain, Siloam Springs, Arkansas. dw & wks

Breath.

Means the ability to do a good day's work, without undue fatigue and to bid life worth living. You cannot have indigestion or constipation without the upsetting the liver bid polluting the blood. Such a condition may be the best and quietest obtained by Herbsine, the best liver regulator that the world has ever known. Mrs. D. W. Smith writes, April 3, 1902: "I used Herbsine, and find it the best medicine for constipation and regulating the liver I ever used." Price 50 cents. At Peoples Drug Store. dw

COLD WEATHER.

Reported Coldest Ever Known. No One Suffering.

The mercury has been hovering around zero for the past several days—pretty blamed cold. And yet no one has frozen to death here. Business is progressing comfortably, and man and beast are doing their best to worry along and make the best of it. As usual, it is reported the most cold spell ever known in the Indian Territory and the papers of the north say that many natives are suffering here. But this is not true. This cold spell is not limited to the territory alone. It is cold everywhere and the people here have suffered no more than those farther north. The Indian Territory, ladies and gentlemen, is alright. She has turned the corner of Easy street. Her name has been struck from the books of the "old comites" long ago. She is a sovereign American and she lives to neighbor. The Indian is now able to lend a loaf of bread to Columbus, a mess of sausage to Johnny Buff, the fixin' of a baby beef to Dutch Willie in Berlin, a chicken to the Cat, or a "pat" of butter to France. The Indian has "put up" a pantry full of good things. He has also stored up a handful of good deeds and a head full of ideals. His home is built upon a rock, and the rains may come and the blizzards may come, and he is happy. He is sitting in the rocking chair in front of a warm fire with considerable contented felicity. Oh, no, he's not suffering from the cold. Blizzards may come and go, but these are merely details of life—only phantasmagoria in the whirling kaleidoscope of life, but the Indians of today doesn't view them with any degree of alarm.

The Pneumonia Season.

Coughs and colds in children as well as adults are frequently dangerous at this season of the year, and a little prevention now may save much trouble, worry and expense. Kennedy's Laxative Honey and Tar, a combined cough and cold cure—a new scientific discovery in medicine—is a certain cure for Coughs, Colds, Croup, Whooping Cough, etc. The coughs and colds are cleared out of the system by gently moving the bowels, and at the same time the throat, chest, lungs and bronchial tubes are so strengthened that there is little probability of danger. Kennedy's Laxative Honey and Tar is pleasant to take, contains no opiates and is sold by Peoples Drug Store. dw

THE TRAGEDY OF BEAUTY.

"Moral Muscles" Are, After All, Best Equipment for the Battle of Life.

One of the best-known models in the city, unscarred by trouble, easily weighed the matter of life and death, and knowing that one was scarcely worth while, came to the owner, says the New York Evening Telegram. He was still in the prime of manhood, was exceedingly handsome, and had a sweet, perfect physique.

One was favored by nature had envied him her gifts. He was a boy to the artist, who caught the beauty of line, the strength of muscle, and loved to reproduce the firm, titanium texture of the nose.

The very hope of the hereafter is based on the nose of beauty. In its varied forms it is the actual joy of life. Though this man possessed it he was an innocent charm against the killing that beat him.

What was a delight to the eyes of others was to him a much clay shaped by the hands of the Master Moulder, nothing more.

It is pathetic that it was so, yet if his character had been as finely formed as his body, he would probably be alive now. A perfect character has tremendous power of resistance, and the spirit of high-mindedness that haloes it with gold so beautifies one that he never despairs.

It often happens that men and women who possess all the external of beauty are penalized by the absolute lack of the elements that make strong character, just as some imposing royal bloom of California lacks perfume. On the other hand the most beautiful character may be cabin'd in an ugly, distorted body.

External beauty is a possession for which the owner is not indebted to himself. It is nature's endowment—nature who is no wise yet at times so seemingly prodigal and unmeasured.

The inner beauty which defies the ravages of age, growing to a ripened fullness as the years wing on, is a thing of careful cultivation, of constant vigil, a growth which may be fostered amid the unfriendly surroundings of poverty or in the violent extremes of wealth.

Each day that we live we are character building. Some lives are rich in symmetry and strength, others are built on a fragile delicacy or a lasting regard simplicity.

Some souls are full of sharp angles and so facility constructed that an observer may see that the builder cannot rise to any great height. Some, too, there are that never rise much higher than their inadequate foundations.

The real strength and beauty of a man lies in his character. A man well muscled morally is better equipped to fight the battle of life than he who possesses only the growths of Herbsine.

THE STREETS OF LONDON.

Are Inferior to Those of New York in Some Respects as Here Shown.

London has 2,000 miles of streets. There are 650,000 buildings upon them, of which a considerable portion are rear buildings.

New York, smaller than London in population, has 2,700 miles of streets, of which 450 miles are in Manhattan, 360 in the Bronx, 700 in Brooklyn, 400 in Queens and about 300 in Richmond. In Queens and Richmond there are more than 500 miles of unpaved streets. In Manhattan, excepting the small Inwood District, all the streets are paved, and are better paved than the streets of London, says the New York Sun.

The number of buildings in New York is 120,000, materially less than the number in London, but New York has a very much larger number of higher buildings than the English capital.

London has many more by-streets, side-roads, alleys, lanes and squares than New York; it has more crooked streets, it has more small streets, it has more by-ways than New York, but in proportion to its population it has fewer streets, fewer arteries of travel, than New York, and as a consequence the traffic of London is more often congested at certain points than the traffic of New York.

While in New York the growth of population and of business is along and corresponds to the growth of main thoroughfares, in London it proceeds irregularly, with the result that improvements in the way of cutting through the widening streets are constantly being made necessary.

Proportioned to the population, Philadelphia and Washington have more street space than New York, but no European city except London compares with it. London has more vehicular traffic on its streets than New York, but less car traffic.

Those Dreadful Genders.

The English language is supposed to be very simple in the matter of genders. But foreigners who triumphantly handle questions of gender of inanimate things in their own languages often have their difficulties with the English. A Frenchman recently came to grief over his English. "I fear I encroach too much upon your time, madam," he remarked politely to his hostess. "Encroach, monsieur," she smilingly corrected him. He threw up his hands in despair. "Ah, your English genders!" he sighed. —N. Y. Tribune.

Millions for Drunks.

According to McCall's dictionary of statistics, the amount of money annually expended on alcoholic liquors in the United States is \$25,000,000, \$15,000,000 going for wine, \$10,000,000 for beer, \$5,000,000 for cider and \$5,000,000 for spirits. One hundred and eleven million dollars are estimated to be paid in taxes.

NEGRO KILLER IS CAPTURED

Marshal W. H. Darrough Effects the Arrest of Chas. Williams.

DOG AND WOMAN ASSIST

In Locating the Half Frozen Wretch Who Slew His Wife

Monday Night—Forced to Break Into His Own House for Shelter.

W. H. Darrough, U. S. Marshal for the Northern district, captured Charle Williams about 11 o'clock Friday in an outbuilding at E. R. Frayser's residence on the North Side.

Williams shot his wife, Sallie Williams, to death Monday night at their hotel on East Illinois avenue, shooting her four times. He then fled and constant search has been made since that time until the capture.

Williams has been hiding in an old shack of a barn back of the house where he killed the woman, and has visited the Frayser residence, where a negro woman was working, at various times and where he had been fed by the woman.

Thursday night the extreme cold drove him from his bed in the barn to the house, which he entered by tearing off a screen, and the balance of the night was spent in his own bed.

Thursday morning he left the house and went back to the Frayser house, but his feet were so tightly frozen and swollen that he could not get his shoes on and was barefoot when caught.

Williams' bird dog has been kept at the federal jail since the killing, and assisted in locating his master.

The man was traced through the show from the hotel on the east side in the outbuildings at Frayser's, and when it was opened the dog immediately began a search for her master and soon "set" him under the low bed in the building.

Mr. Darrough went in and demanded his surrender and was told that he would give up to the marshal but no negro could take him.

He then crawled out and gave his gun to the marshal and was soon on his way to the jail where he was safely locked in a cell.

The grand jury Thursday returned an indictment against Williams, charging him with murder. Arrangements have not been made for the trial but it will probably not be tried at this term of court.

Williams said he tried to escape the night of the killing on a katty freight which was wrecked this side of Muskogee after which he returned to Vinita. The negro woman at Frayser's, it is said, was receiving attention from Williams, and his wife had made trouble for the pair more than once and which alliance is supposed to have led up to the killing. A negro detective has said: when a crime has been committed look for the woman.

In this case the marshal followed that theory and watched this negro woman who, together with the faithful bird dog, was the means of the capture.

Kidney complaint kills more people than any other disease. This is due to the disease being so insidious that it gets a good hold on the system before it is recognized. Foley's Kidney Cure will prevent the development of fatal disease if taken in time. Sold by Peoples Drug Store. dw



REV. J. M. GRASS.

Rev. J. M. Grass has been elected president of Hargrove college at Ardmore and has entered upon his duties. Dr. Grass was pastor of the Methodist church here a few years ago and was greatly beloved. Rev. J. A. Parks, of this city, takes the pastorate of the Dumont Methodist church made vacant by the resignation of Dr. Grass.

HOP INDUSTRY IN ENGLAND

Restricted to Six Counties and the Present Outlook Far from Encouraging

At a special meeting of the Hop Growers' association at Hereford recently, resolutions were passed asserting that the decline of the English hop industry was largely due to the free importation of hops from abroad; that imported hops should be marked under the mercantile-mark act, and urging the government to levy an import duty that will save the industry from destruction.

The outlook in England is far from encouraging, and to those who know the trade best it appears that hops will be imported in larger quantities and that their growth in England must continue to decline. It is suggested that American growers follow the changing conditions of this industry.

The cultivation of hops in Great Britain is restricted to seven counties of England, the total area in hops amounts to 1,000 acres, as compared with 7,000 acres within the same period.

The total production of hops this year, estimated at 283,326 hundredweight (\$1,200,000 pounds), is 138,738 hundredweight (58,000,000 pounds) less than the crop of 1905, although this year's acreage of hops was only 100 acres less than that of last year. The production for 1904, however, being the lowest on record by the small quantity of 410 hundredweight. Every one of the hop companies registers a diminished output.

LORCH G. STEPHENS.

Yellow Corn in China.

Upon the initiative of the Bureau of agriculture and commerce of Tonkin, successful trials have recently been made in the province of Hung-Yen in the cultivation of ordinary yellow corn. Up to the present experiments, only white corn has been tried in Tonkin, and its yield was almost nothing.

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